

Your Materials: Your Tools



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Gold Medal Schools

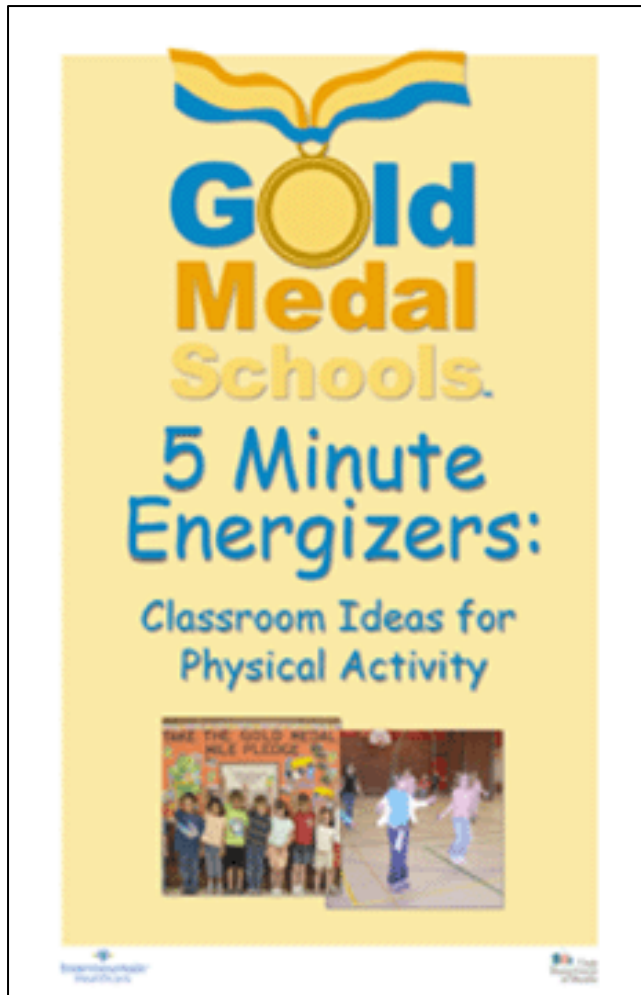


Volunteer Question # 1

Our school is cutting back on PE time; How can we still achieve the required 90 - 150 minutes of activity during our already packed school days?



5 Minute Energizers



- Physical activity ideas for the classroom
- New and improved last year
- Helps achieve 90 - 150 minutes of physical activity
(1 energizer a day=25 minutes)
- Features matriculation ideas



Volunteer Question # 2

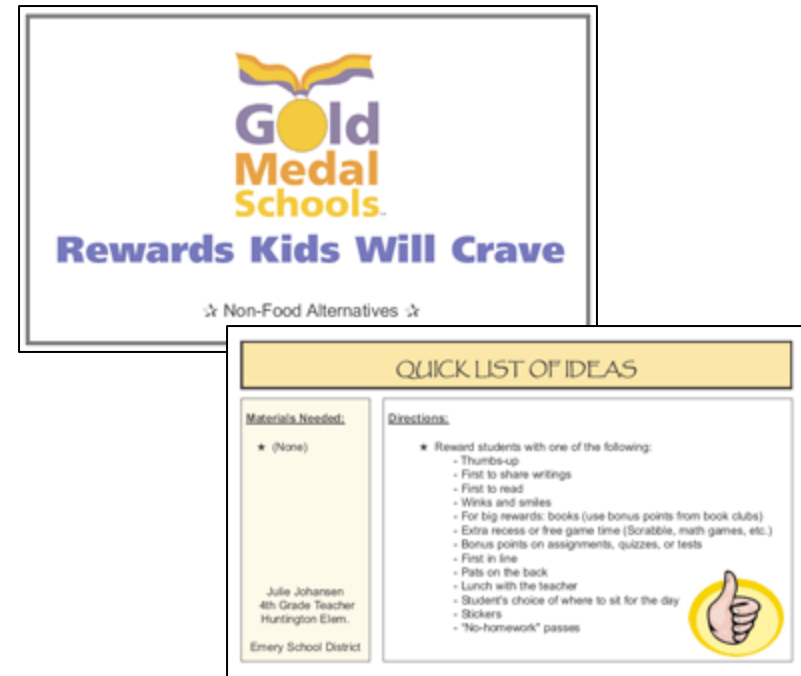
I am afraid my school's faculty and parents will not support the Gold criteria asking that teachers do not offer food as a reward.

Where can I learn about the benefits? How can I encourage them to support us in this effort?



Non-Food Incentives Booklet

- Helps achieve Gold Criteria #2
- Gives teachers an easy alternative to using food
- Candy rewards create an unhealthy relationship with food for children
- Kids usually prefer the alternatives when given the option



Volunteer Question # 3

Does the program offer any prizes we can offer the kids to help with tobacco prevention ?



Tobacco Prevention Incentives

- Each school can choose from packets.
 - One \$50 packet
 - Two \$25 packet
- Incentives change throughout the year and lists are updated on the GMS Web site
- Incentives can run out, so order early (especially around Red Ribbon Week)
- Use for a tobacco-free related event, don't just hand them out
- Make sure they are appropriate for the age group being targeted



Volunteer Question # 4

Are there any incentives or awards for schools that excel in the program?



GMS of the Month

- Pencils for each student
- Web site coverage
- 9 GMS selected each year (September-May)
- To be considered, submit success stories to GMS@utah.gov
- View past GMS of the Months: www.hearhighway.org/gms/month.html



Others?

- Banners and Plaques
- Media Recognition
- Up to \$1500 in award money for each level achieved
- Your mentor, your Local Health Department and State Health Department representatives
- Trainings
- Web site and ListServ
- GMS Guide
- \$100 annual stipend money



FAQ

- Can I get a detailed description of all of the resources?
- Where do I get all of these resources?
- Can I access them online?
- Can I order more?

